

CERTIFICATE OF PARTICIPATION

This is to certify that

Nina Van Heerden

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 04:09:27

Mat-To-Mat Time 04:09:27

PACE 05:55/km

GENDER 77 of 426

OVERALL 254 of 983

**SENIOR (20- 38 of 154
39)**



22 November 2025, Sat

Date

Signature

BoutTime